

# Library

## what

### **Avoid Burnout:**

*lacking energy and productivity,  
difficulty concentrating,  
impatient with co-workers*

### **Overcome Anxiety:**

*feeling nervous or tense, sensing  
impeding danger, increased  
heart rate, breathing rapidly,  
feeling weak or tired, GI issues*

### **Rewire Habits:**

*feeling complacent or bored*

### **Manage Emotions:**

*feeling overwhelmed or out of  
control, fear of expressing  
emotions*

### **Learn to Love Yourself:**

*self-critical, focusing on the  
negative, isolating, taking  
criticism personally*

### **Prevent Procrastination:**

*putting off important tasks  
until the last minute, trouble  
focusing, task switching*

### **Enable Success:**

*lacking purpose, performance,  
satisfaction, or achieving goals*

## how

by eliminating the belief *I'm not good enough*

by eliminating the belief *I'm powerless*

by eliminating the belief *my needs don't matter*

by eliminating the belief *what makes me good enough is having people think well of me*

by eliminating the belief *I'm not important*

by eliminating the belief *fear associated with criticism and judgment*

by eliminating the belief *it's dangerous for people to put their attention on me*

by eliminating the belief *I'm not safe*

by eliminating the belief *crowds are dangerous*

by eliminating the belief *strangers are dangerous*

by eliminating the belief *people are judgemental*

by eliminating the belief *fear associated with people putting their attention on me*

by eliminating the belief that *mistakes and failures are bad*

by eliminating the belief that *change is difficult and takes a long time*

by eliminating the belief *I'm too sensitive*

by eliminating the belief *I'm not smart enough*

by eliminating the belief *I'm invisible*

by eliminating the belief *it's dangerous to express my emotions*

by eliminating the belief *I'm not lovable*

by eliminating the belief *there's something wrong with me*

by eliminating the belief *I'm a burden*

by eliminating the belief *I'm inadequate*

by eliminating the belief *nothing I do is good enough*

by eliminating the belief *I'm not capable*

by eliminating the belief *I'm not competent*

by eliminating the belief *what makes me good enough or important is doing things perfectly*

by eliminating the belief *if I make a mistake I'll be rejected*

by eliminating the belief *I'm not worthy*

by eliminating the belief *I'm a failure*

by eliminating the belief *I'm not talented*

by eliminating the belief *I don't have what it takes*

by eliminating the belief *I'm a disappointment*

by eliminating the belief *I can't do it*

by eliminating the belief *fear associated with not meeting expectations*